

2Goulash, Hungarian³⁵

Number of Servings: 35 (340.5 g per serving)

Amount	Measure	Ingredient
4 3/4	lb	Beef, ground, hamburger, pan browned, 10% fat
3.00	cup	Onion, white, fresh, chpd
3/4	tsp	Spice, garlic Powder
7 1/2	Tbs	Sugar, brown, packed
2 1/4	tsp	Spice, mustard seed, ground
1 3/4	tsp	Salt, table, iodized
8 3/4	tsp	Spice, paprika
15.00	Tbs	Sauce, worcestershire, low sod
5.00	tsp	Vinegar, cider
3.00	cup	Catsup
1.00	gal	Tomatoes, diced, unsalted, cnd
3.00	cup	Water, municipal
8.00	cup	Water, municipal
3 1/2	cup	Flour, all purpose, white, bleached, enrich
2 1/2	lb	Pasta, macaroni, semolina, elbow, dry

Nutrients per serving

Nutrition Facts			
Serving Size (340g)			
Servings Per Container			
Amount Per Serving			
Calories 370		Calories from Fat 80	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 3g			15%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 460mg			19%
Total Carbohydrate 47g			16%
Dietary Fiber 3g			12%
Sugars 13g			
Protein 25g			
Vitamin A 20%		• Vitamin C 30%	
Calcium 4%		• Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

Noodles may be substituted for macaroni.

Cubed beef may be substituted for ground beef.

Brown beef in a roasting pan in a 450 degree oven.

Combine brown sugar, salt, seasonings, tomatoes and liquid ingredients including only the first measure of water. Add to browned meat. Cover and simmer 1 - 2 hours (until meat is tender if using cubed beef.)

Mix flour and second listing of water until smooth. Add gradually to hot mixture and cook until thickened.

Cook macaroni or noodles in boiling water until tender. Drain and fold into hot mixture. If needed, additional water may be added. Pan into steam table pans.

Keep hot, 190 degrees F.

Each serving = approximately 1 1/2 cup = 2 oz meat + 1 grain + 1 vegetable serving.

Serve 1 1/2 cup with 10 oz ladle

rounded or 3 #8 scoops

48 grams carbohydrate = 3 CS

2Goulash, Hungarian35

Number of Servings: 35 (340.5 g per serving)

Notes

Buy 1 1/4 to 1 1/3# lean ground beef for each 1# cooked ground beef called for in recipe.
1# dry macaroni = 4 cups